

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01130, Egg, whole, cooked, omelet

Report Date:December 09, 2015 16:13 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	76.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kcal	154	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Energy	kJ	643	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Protein	g	10.57	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Total lipid (fat)	g	11.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Ash	g	1.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carbohydrate, by difference	g	0.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Sugars, total	g	0.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glucose (dextrose)	g	0.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fructose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Maltose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Galactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Iron, Fe	mg	1.48	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Magnesium, Mg	mg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phosphorus, P	mg	167	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Potassium, K	mg	117	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Sodium, Na	mg	155	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Zinc, Zn	mg	1.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Copper, Cu	mg	0.063	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Manganese, Mn	mg	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Selenium, Se	µg	25.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fluoride, F	µg	21.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Thiamin	mg	0.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Riboflavin	mg	0.386	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Niacin	mg	0.064	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Pantothenic acid	mg	1.289	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-6	mg	0.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Folate, total	µg	39	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	39	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	µg	39	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Choline, total	mg	247.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Betaine	mg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin B-12	µg	0.76	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin A, RAE	µg	172	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Retinol	µg	169	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, beta	µg	28	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cryptoxanthin, beta	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin A, IU	IU	617	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lutein + zeaxanthin	µg	423	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E (alpha-tocopherol)	mg	1.29	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Tocopherol, beta	mg	0.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tocopherol, gamma	mg	2.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tocopherol, delta	mg	0.74	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D3 (cholecalciferol)	µg	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D	IU	69	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin K (phylloquinone)	µg	4.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lipids													
Fatty acids, total saturated	g	3.319	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
8:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
10:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:0	g	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
15:0	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:0	g	2.259	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
17:0	g	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:0	g	0.963	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:0	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:0	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
24:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total monounsaturated	g	4.843	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
16:1 undifferentiated	g	0.171	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
17:1	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:1 undifferentiated	g	4.626	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:1	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fatty acids, total polyunsaturated	g	2.712	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated	g	2.319	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:3 undifferentiated	g	0.133	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
20:2 n-6 c,c	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:3 undifferentiated	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:4 undifferentiated	g	0.158	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:4	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:5 n-3 (DPA)	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:6 n-3 (DHA)	g	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.709	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cholesterol	mg	313	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phytosterols	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2010
Amino Acids													
Tryptophan	g	0.140	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Threonine	g	0.467	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Isoleucine	g	0.565	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Leucine	g	0.913	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lysine	g	0.767	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Methionine	g	0.319	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cystine	g	0.229	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phenylalanine	g	0.572	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tyrosine	g	0.420	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Valine	g	0.722	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Arginine	g	0.690	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Histidine	g	0.260	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Alanine	g	0.618	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Aspartic acid	g	1.117	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glutamic acid	g	1.407	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.363	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Proline	g	0.431	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Serine	g	0.817	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003